

Boxed Lunch with Nurse Steve



Thursday, July 14, Noon

Bring your friends and enjoy a delicious boxed lunch.

Nurse Steve's talk will be
"What is gout? An explanation of gout
and other arthritis related conditions."

Sign-up by Thursday, July 7
\$4.68 (Regular meal cost)



Urbana Senior Center
9020 Amelung Street, Frederick, MD 21704
(located on the lower level of the Urbana Regional Library)

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